



East County Seniors

August 2006 & September 2006

Tuesdays and Fridays

9:30 am - 2:00 pm

3310 Gateshead Manor Way, Silver Spring, Maryland Tel: 301-572-7004

Program Director: Lillian Wolf; Nutrition Site Manager: Karen Smith



The East County Neighborhood Senior Program meets at East County Community Center on Tuesdays and Fridays. Limited transportation is available to and from the center. Call Lillian Wolf on Tuesdays or Fridays for information or to sign up. This free program offers a multitude of social, educational and recreational opportunities for those 55 and older. Visitors are welcome. Come join us, bring your interests and talents to share with the community. See the weekly schedule for information on senior exercise opportunities, ceramics workshops, senior information and assistance from Health and Human Services and the optional Nutrition Lunch Program.

August

Tuesday, August 1

11:00 – 12:00 noon

Games Morning

Try a new game or continue playing the game your group enjoys.

1:00-2:00pm

Brain Strain

This will be a fun and challenging new question and answer afternoon. This is a new way of learning about subjects and information we may have stored in our brains.

Friday, August 4

9:45-10:45

Blood Pressure Screening

11:00 – 12:00 noon

Craft Day

We will start a new project that we will work on all day

1:00-2:00pm

Craft Day continues

Tuesday, August 8

11:00-12:00 noon

Movie Day, "The Winslow Boy"

Postponed from July, we are in for a special treat; David Mamet's brilliant adaptation of the "Winslow Boy" is a rich and complex telling of a British classic, brought to life with a superior cast.

1:00-2:00 pm

Movie Continues

Friday, August 11

11:00 – 12:00 noon

Sharing Refugee Experiences

Ms Van Nguyen, of Catholic Charities, will share her experiences of coming to this country as a refugee from Vietnam.

1:00 – 2:00 pm

Continue Sharing Refugee Experiences

We are a community of people who have come from other countries. It would be interesting if we could continue sharing our experiences.

Tuesday, August 15

11:00 -12 noon

Senior Citizens Day at Montgomery County Agricultural Fair

We are going to the fair today. This is usually a fun filled day. There are special activities planned for seniors, including music, dance, door prizes etc. Please wear comfortable shoes, cool clothing and some form of head protection from the sun. **\$3.00 bus fee.** Lunch will be on your own. If you bring your own lunch make sure it is in insulated containers and you will have to find a bench or area to eat. The lunch room is for people who buy their lunch only. We will be returning to the center about 1 pm.

Friday, August 18

11:00-12:45 noon

Pizza Luncheon

Bring in any special dish you would like to share.

1:00-2:00 pm

Birthday Afternoon

Happy birthday: Gwendolyn Morris, August 1, Vidya Sinha August 12, Philip Thornton August 15, Esther McCormick August 19, Doug Powell August 23, Eva Geter August 25, Dorothy Mullen August 30 and John and Dotties's anniversary is the same day August 30.

The Center will be closed for two weeks and will reopen September 5th.

September

Tuesday September 5

11:00-12:00 noon

Mystery Day

Welcome back! We will spend the morning sharing summer stories with coffee and special treats. But alas Mystery Day begins.

1:00-2:00pm

Mystery Day Continues

This day will be full of surprises and fun for all.

Friday September 8

9:45-10:45

Blood Pressure Screening

11:00-12:00 noon

Julia Burger Poetry Reading from Arts for the Aging

These performances are always a special treat.

1:00-2:00 pm

Poetry Afternoon

Bring in your poems to share and anything else you would like to read and discuss with the group.

Tuesday September 12

11:00-12:00 noon

Nutrition and Aging

Holy Cross Hospital will provide important information relevant to us all.

1:00-2:00 pm

Puzzle Search

Work quickly and have fun. We may even have prizes.

Friday September 15

11:00 – 12:00 noon

Teddy Roosevelt

One of our favorite lecturers, Dean Matusky from Montgomery College will tell us about one of our more colorful presidents. Everyone is welcome.

1:00-2:00 pm

Cancer Update

Anna Serafina of Montgomery General Home Health will share her knowledge with us on this important subject.

Tuesday September 19

11:00-12:00 noon

Craft Day

We will work on a project that is both fun and useful and can be taken home.

1:00-2:00 pm

Craft Day Continues

Friday September 22

11:00-12:00 noon

Medicare Fraud

What is it? "Don't get scammed- get rewarded" Jack Davidson will present this important topic to us.

1:00-2:00 pm

Bingo Afternoon

Fun and Prizes lets all play.

Tuesday, September 26

11:00-12:00 noon

Movie Day: "Waterproof"

A soulful saga of redemption and forgiveness, with Burt Reynolds, April Grace, Whitman Mayo, Orlando Jones, Janet Dubois and Anthony Lee. Enjoy a powerful performance from an ensemble cast!

12:30-2:00 pm

Movie continues

Friday, September 29

11:00-12:00 noon

Aging Quiz: Separate Fact from Fiction

WE will discuss aging and some misunderstandings people have about older folks.

1:00-2:00 pm

Birthday Afternoon

Let's wish all our September birthday folks a happy belated birthday! Lets wish Enrique Carreras happy birthday, September 11th, and Edward Elkind had a birthday on September 20.

Weekly Schedule

Mondays

10:30 – 11:15 am

Senior Fit and Flexibility Exercise Program

Designed especially for seniors, this 45-minute exercise class focuses on increasing strength and muscular endurance for activities of daily living and improving flexibility for greater mobility. The program includes periodic fitness assessments and health education. Holy Cross Hospital and Kaiser Permanente sponsor this program in cooperation with Montgomery County Department of Recreation. Permission from your healthcare provider is required before beginning this course. For further information and to register, call 301-754-7160.

Tuesdays

9:30 – 10:00 am

Exercise Walking

Walk in the gym for fun and fitness.

10:00 – 12:00 noon

Senior Information and Assistance

Jennifer Long from the Montgomery County Department of Health and Human Services Client Assistance Program comes to help with questions about senior programs and services on select Tuesdays and Fridays. Call 240-777-3000 for an appointment.

10:00 am – 2:00 pm

Ceramics Workshop

Let instructor, Freeman Outlaw, help you enjoy creating beautiful ceramic pieces. There is a charge for greenware and glaze, but the instruction is free. A firing fee, ranging from \$0.50 to \$1.50 each time a piece is fired must be paid before your piece is placed in the kiln.

10:30 – 11:00 am

Chair Exercises

Participate in light stretching to give you improved range of motion and provide healthier circulation.

11:00 – 12:00 noon

Activity – Check the calendar to see what's planned

12:00 – 12:45 pm

Lunch – Bring your own or purchase a Nutrition Lunch (see details on next page)

12:45 – 2:00 pm

Program – Varied and enjoyable (Check the calendar)

Wednesdays

10:30 – 11:15 am

Senior Fit & Flexibility Exercise Program (see previous page, Monday schedule for description)

Fridays

10:00 – 10:45 am

Senior Fit & Flexibility Exercise Program 9:30 – 10:00 am

10:00 – 12:00 noon

Blood Pressure Screening – the first Tuesday of every month (*sponsored by Holy Cross Hospital*)

10:30 – 11:00 am

Chair Exercises

11:00 – 12:00 pm

Activity – Check the calendar to see what's planned.

12:45 – 2:00 pm

Program – Varied and enjoyable (*Check the calendar*)

Saturdays

10:00 – 12:00 pm

Wheelchair Basketball – contact person – NRH
Ambassadors Pat Tucker – 301-946-5084(H) 202-273-5462(W)

Nutrition Lunch Available

The Montgomery County Nutrition Lunch is served at 12:00 noon on Fridays and Fridays. The full cost of the meal is \$4.38. For persons aged 60 or older and spouses of any age, a voluntary contribution is requested. Contributions are used to purchase meals, so please contribute to the fullest extent possible. Guests under age 60 must pay the full cost.

Transportation Available

Curb-to-Curb transportation is available on Tuesdays and Fridays through Para-transit. New people are welcome to call to see if they live within the travel district.

Reservations for both the Nutrition Lunch Program and Transportation should be made the week before, by speaking with Lillian Wolf or Karen Smith at the center on Tuesdays and Fridays. Cancellations should be made no later than the day before.

Financial Assistance for Recreation Department Programs is available for low-income residents. Call the Senior Programs Office at 301-468-4540 for information.

Seniors with disabilities are encouraged to participate in senior programs.

Montgomery County Government is committed to complying with the Americans with Disabilities Act (ADA). If you need auxiliary aids or services in order to participate, call 301-468-4540/TTY 240-777-6974.

Inclement Weather Policy

When Montgomery County Public Schools (MCPS) are **closed**, all senior classes and programs including lunch and transportation are **CANCELLED**.

If MCPS have a **delayed opening**, all programs scheduled to begin at or after **10:00 am** will be held as usual. If MCPS closes early, all evening classes and programs are cancelled.

During inclement weather, please listen to your radio for possible school closings or delayed openings. If schools have a scheduled holiday and are closed that day, the Recreation Department will make announcements regarding its activities.

Resources for Seniors

Senior Vital Living

Supporting the independence of seniors

Your guide to senior employment, volunteer and life long learning opportunities can be found at www.montgomerycountymd.gov. click on Residents, click on Aging Services and scroll down to Senior Vital Living Montgomery

